

Parent Mentor

Relate, Support, and
Affirm



Advocacy

In all forms seeks to ensure that parents particularly those who are most vulnerable in society are able to:

- Have their voice heard on issues the are important and express their views and concerns
- Access information and services
- Defend and promote parent rights and responsibilities
- Explore choice and options

Who is a Parent Mentor

A Peer:

- With lived experience who is able to share wisdom from their experiences
- Who will inspire hope and demonstrate proof that change is possible
- Role modeling effective problem solving
- Knowledgeable in the stages of change
- Practices harm reduction and being trauma informed



The sudden loss of a child can be an experience of grief, terror, and or shame.

■ Parents with past histories of victimization are especially likely to feel profoundly unsafe and to react by being frozen, enraged or seeking to numb their pain,





Relate

Being transparent and nonjudgmental

Keeping your word

Being empathetic not sympathetic

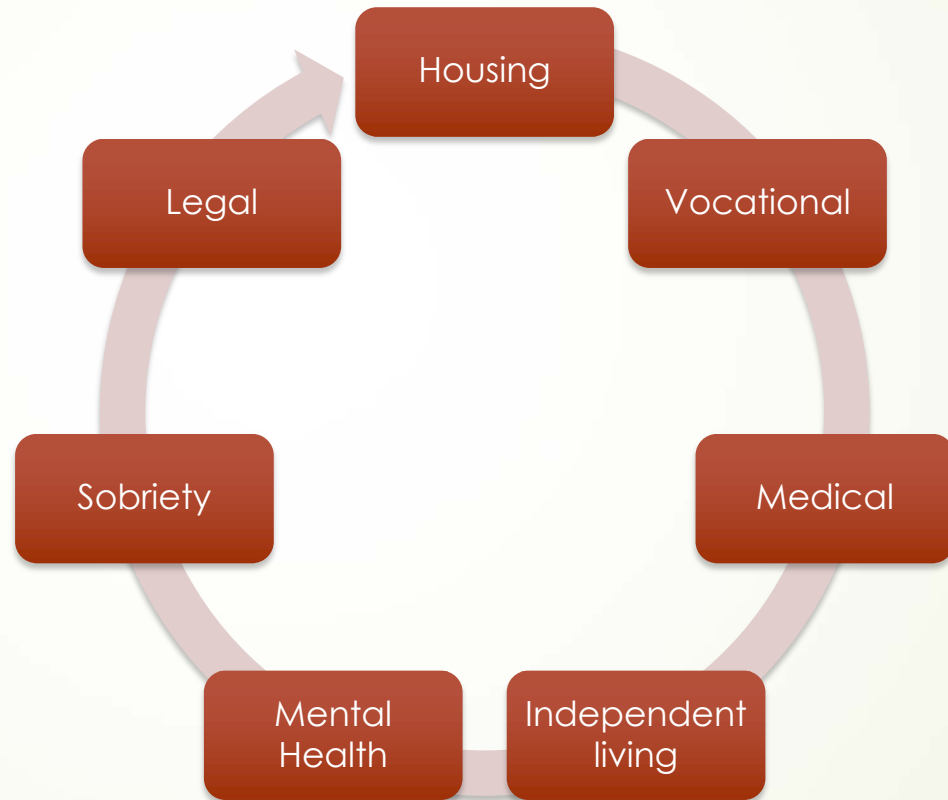
Actively listening

Encouraging support

Giving the parent choice to receive your lived experience or any suggestions

Allowing the parent to give you their point of view

Support



A parent mentor can address irrational beliefs the parent has working with a social worker and a lawyer.

- Parents can feel more in control and participate more effectively in critical decision making if they know more about the child welfare system.
- Remind the parent “I am not going to tell on you, I am going to tell with you.”



Affirm

- Notice, acknowledge and document small successes
- Give positive feedback and gesture of kindness
- Offer hope, reassurance, and encouragement



Parent mentor team approach



SHARE IDEAS OF
ACHIEVING
GOALS, DRAWING
ON PERSONAL
EXPERIENCE



ACTIVELY
PARTICIPATE IN
TEAM MEETINGS



WORK TOGETHER
TO FACILITATE A
INTERDISCIPLINARY
TEAM APPROACH



ACT WITHIN THE
LIMITS OF
COMPETENCES
AND AUTHORITY



MODEL PERSONAL
RESPONSIBILITY,
SELF-AWARENESS,
SELF-BELIEF, SELF-
ADVOCACY AND
HOPEFULNESS



BEING AWARE OF
SELF AND
KNOWING WHEN
SELF-CARE IS
NEEDED



CONFIDENTIALITY

The goal of a parent mentor is not to promote a win, but to encourage growth, help create stability, provide reassurance, and create a safe space to be open.



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